



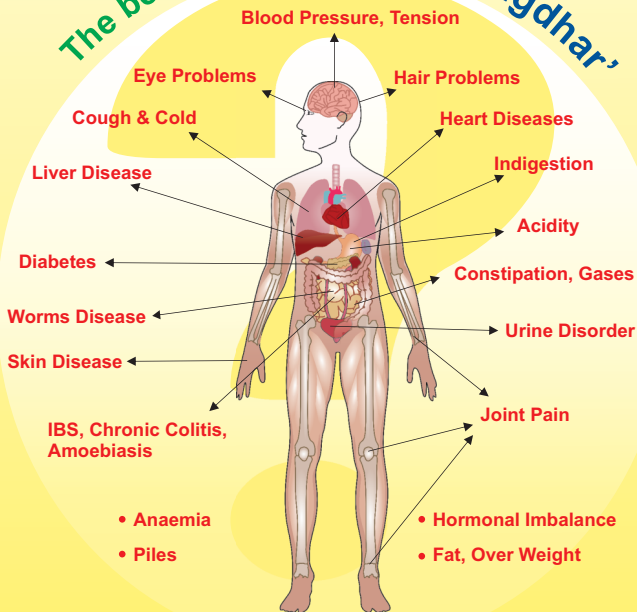
Sharangdhar
— Natural Health Care —

Since 1986

Doctor @ Home

Health Problems?

The best answer is... 'Sharangdhar'



Our Experiences

A) I read your booklet, '**Sharangdhar - Doctor @ Home** & tried **Sharangdhar Fattolin**. Within a month, my weight reduced considerably, & now I am feeling more fresh and active.

Mrs. Joseph, Andheri

B) I had piles & tried many other medicines but there was no result. My friend advised me to take **Sharangdhar Pylowin**. After 15 days pains & swelling reduced. Now I am happy. Thanks to **Sharangdhar**.

Mr. V. S. Srinivasan, Banglore

C) I was suffering from chronic cough & cold. A medical shopkeeper suggested **Sharangdhar Cofco, Trisepta & Coldavin**. I got good results after taking these medicines. I completed three months course of these medicines & feeling much better.

Mr. Ravi Sharma, Indore

D) I was suffering from constipation. I saw a TV advertisement of **Sharangdhar Sukhsarak Vati** & started taking it regularly. My problem is solved. There was no any side effects.

Mr. Rajiv Naik, Pune.

All the above opinions are not manipulated. Numerous feedbacks & remarks expressed by people in their own handwriting are available in our advice center.

Be assured of **Results** with quality products from **‘Sharangdhar’**
All **Sharangdhar** products are manufactured under the supervision of Dr. Abhyankar and his expert team.

Production Procedure

- **‘Sharangdhar’** cultivates all plants & herbs required for Production of their medicines.
- **‘Sharangdhar’** has in house R&D and formulation expertise.
- At **‘Sharangdhar’** every Raw material and finished product is tested for quality.

Speciality

- **Scientific Standardized Ayurvedic Medicines**
- High quality, Result oriented products
- Made in India and accepted worldwide
- Ayurvedic medicines in tablet form which are easy to consume and carry for today's modern life style

Only **‘Sharangdhar’** has provided free Ayurvedic health consultation for last 25 years.



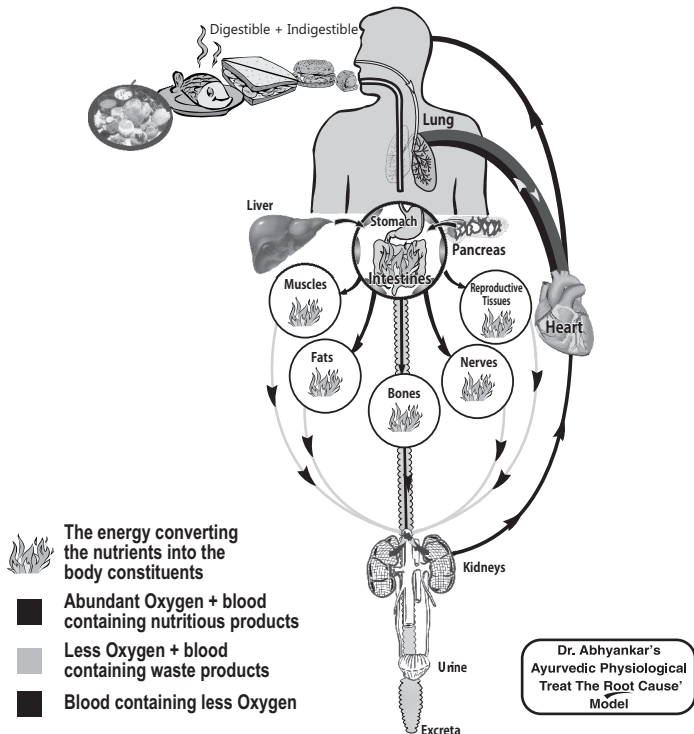
Sharangdhar Health Line

9595100500

Timing : 9.30 am to 6.00 pm (Sunday Closed)

Available in all leading medicals & Ayurvedic stores

HOW TO TREAT THE ROOT CAUSE ?



Our diet can be classified in to two types viz. digestible and indigestible. This food is digested due to the digestive juices in the stomach, intestine, liver and pancreas and digested nutrients are

formed. Solid form of the undigested part of the food is excreted from the body in the form of feces. The digested nutrients nourish the body constituents like muscles, bones nerves and reproductive tissues etc. through the blood. The water soluble substances which are not required by the body are carried by the blood into the kidneys where they are filtered by the kidneys and are passed out of the body as urine. Remaining blood goes back to the heart and is carried to the lungs which gets oxygenated there, and this oxygenated blood is supplied to all parts of the body.

The quantity of the defective waste products to which we call as toxins in the digested food increases due to irregular timings of meals, over eating, fast food, junk food, fried-spicy food or defect in the digestive system. These toxins are circulated all over the body through the blood which causes malfunctioning of the body systems. When these toxins gets accumulated on the inner walls of the blood vessels of the heart and narrow them, it is called Heart Disease.

According to Ayurveda these toxins hampers the production of the blood, muscles, essential fats, nerves and reproductive tissues and causes the skin diseases, weakness of muscles, obesity, joint pain, nerve disorders, sexual disorders, respectively.

Sharangdhar trisutri to treat the root cause is as follows.

- 1) to stop the formation of toxins
- 2) evacuation of excess toxins
- 3) strengthen the organ

e.g. Harto is main medicine for heart disease. Pachak vati helps to digest toxins, muscle tone & stamina strengthen the heart.

Before Taking Medicine

1) You can consume these products along with your existing other medicines. 2) You can consume medicines to various ailment at a time. 3) Pregnant women must take the medicines on medical advice. (4) The doses prescribed in this booklet are for adults. Children between 9 & 14 years should be given half the dosage, while those between 3 & 8 years can be given quarter of the prescribed dose.

Problems & Solutions

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Problems Solutions Pg No.

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When To Take Supportive Medicine

All the products by **SHARANGDHAR** are very effective and proven. On an average the effect will be visible within a month of taking the medicines. If your experience is different it is possible that the root cause has got deeply rooted in your body, considering which, by taking supportive medicines along with the main medicines, the disease can be treated from its root cause. It is always beneficial to take supportive medicines with the main medicine for those who have developed a chronic ailment.

In other conditions not mentioned in the booklet, please call us on



Sharangdhar Health Line

9595100500

Timing : 9.30 am to 6.00 pm (Sunday Closed)

Indigestion - Sharangdhar Pachak Vati

Disease is a result of poor digestion. In fact, the root cause of common ailments like cold and cough to major diseases like arthritis and diabetes is low digestive power. It is important to completely digest the food we eat. If that does not happen, the undigested food starts rotting and gives rise to health problems like acidity and gases. This causes lethargy, restlessness and lack of energy, which when extended for a prolonged period becomes a chronic disorder. Pachak Vati improves the digestive power of the body, which in turn, produces the required digestive juices, thereby helping us assimilate the food we eat. This enhances the quality of the blood, muscle, fat, bone, nerves and cells. Thus, Pachak Vati is a basic therapy in Ayurveda that aids digestion.

Main Medicine : Pachak Vati : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Hepatrealt** : 2 Tabs twice a day before meal for 2 months, **Sukhasarak Vati** : 1 Tab at night after meal for 2 months.

Constipation - Sharangdhar Sukhasarak Vati

Secretion of bile in the liver aids the natural process of bowel movement. Ailments like constipation and irregular or incomplete bowel movement crop up when bile secretion decreases, thus leading to feeling of discomfort and lethargy. Many medicines in the market contain components that enhance bowel movement. If you take these medicines for a prolonged period, the natural ability of the bowels to expand and constrict is lost and you get habituated to it. This can weaken the bowels over time and result in other diseases. Sukhasarak Vati enables the smooth passage of bile and helps in bowel movement, so that your system remains clean.

Main Medicine : Sukhasarak Vati : 1 Tab at night after meal for 3 months *(Not for pregnant women and children below 10 years)., **Supportive Medicine : Pachak Vati** : 2 Tabs twice a day after meal for 2 months.

Acidity - Sharangdhar Pentacid

It is effective against acidity, burning in the stomach, belching, sour and bitter vomiting, nausea, uneasiness, and other related problems. Many people get relief after vomiting. Those who are unable to get rid of it in this manner face problems like pimples, skin diseases, insomnia, heartburn, stomatitis motion sickness and so on. Pentacid acts on the acid, thus eliminating the root cause of such ailments. The tablets instantly reduce acidity. These tablet are sweet tasty & chewable. It can be used in children. Pentacid can cure acidity completely. **Main Course : Pentacid** 2 tablets twice a day after meal for 3 months. **Supportive Medicine : Pachak Vati** : 2 Tabs twice a day after meal for 2 months, **Sukhasarak Vati** : 1 Tab at night after meal for 2 months.

Urine Disorder - Sharangdhar Mootradoshnashak Vati

This medicine shows immediate results for urinary tract infections and other complaints like bladder inflammation, swelling, summer sickness, passing pus, protein, and other urinary ailments. The resultant effect can be checked by examining the urine. This medicine, if taken regularly for 4-6 months, can strengthen the kidney, bladder and urethra. There are no side-effects and in fact, the medicine ensures there is no relapse of ailments. Those who have urinary problems should take this tablet on a regular basis. The treatment can be adjusted after regular urine tests and sonography. **Main Medicine : Mootradoshnashak Vati** : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Trisepta** : 2 Tabs twice a day after meal for 2 months.

Gases - Sharangdhar Carmin

Food containing higher content of acid and protein is heavy to digest. If it is not digested fully, it starts accumulating in the intestine. This undigested food begins rotting and results in bad odour, bacteria and even worms. Heaviness in the abdomen, constipation, diarrhoea, abdominal flatulence, mild pain in abdomen, discomfort and lethargy

are common fallouts. The ability of the intestine to metabolise decreases gradually and the extent of the ailment increases. Carmin treats the root cause of gas formation. **Main Medicine : Carmin : 2 Tabs twice a day before meal for 3 months, Supportive Medicine : Pachak Vati : 2 Tabs twice a day after meal for 2 months, Hepatreat : 2 Tabs twice a day before meal for 2 months, Krumina : 2 Tabs twice a day after meal for 2 months, Sukhasarak Vati : 1/2 or 1 Tab at night as necessity.**

Chronic Colitis, Amoebiasis (IBS) - Sharangdhar Kutaj Compound

Colitis refers to inflammation of the colon/large intestine. Amoebiasis, an intestinal illness causing visible mucus in the stool, diarrhoea and dysentery, occurs due to reduction in the intestinal flora or weakening of the intestine, which allows bacteria to form colonies. Ingredients like kutaj, vidang, shunthi, bel, hing and daruhadal in Kutaj Compound destroy these colonies and restore the normal functioning of the colon. The tablet also reduces the swelling of the intestines and keeps them healthy. This stimulates their ability to metabolise thus treating the root cause. **Main Medicine : Kutaj Compound : 2 Tabs twice a day after meal for 3 months, Supportive Medicine : Krumina : 2 Tabs twice a day after meal for 2 months, Pentacid : 2 Tabs twice a day after meal for 2 months.**

Piles, Fistula - Sharangdhar Pylowin

Ailments like piles and fistula are characterised by pain, burning, swelling, hard stools with tenderness, bleeding from the rectum, constipation or difficulty while passing stools. Fistula is characterized by on going pain, swelling, tenderness, drainage of pus & fluid which can cause itching in the skin & around the anus. Ingredients like pimpali, Trivrata, korphad, Sajjikshar, Shunthi, Nagkeshar, Tankan Lahi, Daru Haridra, suran, miri and shuddha guggal are recommended for the treatment of these problems. Pylowin, which contains all these components, should be taken to get rid of these

ailments. **Main Medicine : Pylowin** : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Raktadoshnashak vati** : 2 Tabs twice a day after meal for 2 months, **Pentacid** : 2 Tabs twice a day after meal for 2 months, **Krumina** : 2 Tabs twice a day after meal for 1 month, **Sukhsarak vati** : 1 Tab at night 2 months.

Blood Sugar - Sharangdhar D.B.T.

This medicine naturally enhances the absorption of blood sugar. According to Ayurveda, the secretion of digestive enzymes by the pancreas slows down quantitatively and qualitatively due to a number of factors. Thus, the blood sugar levels increase and medicines are required to keep them within the limit. DBT reduces the dependence on such medicines as it regains the digestive secretions. DBT can be taken with the prescribed medicines for the first three-four months. Blood sugar should be monitored periodically and the dose of the medicines can be decreased. Its helps to control the blood sugar level. **Main Medicine : DBT** : 2 Tabs twice a day before meal, **Supportive Medicine : Mootradoshanashak vati** : 2 Tabs twice a day after meal 2 months , **Pachak vati** : 2 Tabs twice a day after meal for 2 months, **Hepatreat** : 2 Tabs twice a day before meal for 2 months, **Sukhasarak vati** : 1 Tab at night 2 months.

Arthritis - Sharangdhar Arco Tablets, Pidahar Oil & Peedahar Lep

Age-related problems like knee joint and back pain, slip disc, sciatica and recurring cramps crop up because of the accumulation of 'aamdosh' in those organs. This results in internal swelling, nerve inflammation, obstruction of blood flow and decreased lubrication in the joints. Ayurveda recommends useful ingredients like punarnava, rasna, haridra, shuddha guggul, gokshur ashwagandha, jasadhashma to get rid of the 'aam-vish' accumulated in different parts of the body. Arco is formulated with the correct proportions of all the above ingredients and hence is effective in treating these

maladies. **Main Medicine : Arco** : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Mootradoshanashak vati** : 2 Tabs twice a day after meal for 2 months, **Raktadoshnashak vati** : 2 Tabs twice a day after meal for 2 months, **Pachak vati** : 2 Tabs twice a day after meal for 2 months, **Carmin** : 2 Tabs twice a day before meal for 2 months, **Sukhasarak vati** : 1 Tab at night 2 months, **Peedahar Lep** : External and internal factors can cause swelling or inflammation of the skin. Ayurved has suggested elements like multani mati, kapur, nilgiri oil, navsagar, haridra, daruharidra, vacha, shunthi, kalabol, shuddha guggal and so on to reduce external local swelling. These ingredients are blended together in Peedahar Lep. The lep gives relief by reducing inflammation and pain. It is effective against sprains, swelling, joint pain, internal swelling of organs and spondylitis. **How to use it** : Mix one or two spoons of the powder with water or milk and apply it on the affected area. Allow it to dry so that the skin absorbs the medicinal elements from the lep and works as a pain reliever. and massage with **Pidahar oil** in the morning. This oil has been prepared especially for joint pain in ailments like arthritis, back pain, swelling, sprains or inflammation of the skin. Ayurveda recommends nirgundi, bala, shatavari and til oil in specific proportions as a remedy for these problems. Pidahar Oil provides strength and also tones the muscles. It is used to cure stiffness in joints and is also helpful in sports injuries.

Fat, Over Weight - Sharangdhar Fattolin

Fat, called 'med' in Ayurveda, is an essential element required by the body in an adequate amount. However, if in excess, it can give rise to several ailments. Hence, it becomes necessary to reduce unwanted fat. The main reason for unwanted fat deposition is lack of exercise or any physical activity. Excessive intake of sweets and deep fried items add to it. All this results in slowing down of the body metabolism, leading to the deposition of fat. Many a times, we just think we are hungry and eat more than what the body requires. Over the period of time, organs like the heart, liver and kidney get burdened by the excess

fat leading to other ailments. Triphala, gokharu, kanchnar, pure guggul, sunth, mire, chitrak, pimpili and veedang are recommended by Ayurveda to reduce weight. Fattolin contains elements that correct the metabolism and stops the production of unwanted fat. With Fattolin, the results are visible in a matter of three to four weeks, wherein you will feel light and more active. However, low calories & low fat diet, adequate exercise are essential for good health. **Main Medicine : Fattolin : 2 Tabs twice a day after meal for 3 to 6 months, Supportive Medicine : Mootradoshanashak Vati : 2 Tabs twice a day after meal for 2 months, Carmin : 2 Tabs twice a day before meal for 2 months, Hepatreat : 2 Tabs twice a day before meal for 2 months, Sukhasarak vati : 1 Tab at night 2 months.**

Anaemia - Sharangdhar Raktavardhak Vati

Adequate calcium, iron and vitamin C help to nourish the blood and bone marrow, and increase the blood count & improves hemoglobin level. This boosts our stamina and builds our resistance against disease. This medicine does all that and is particularly useful for the following: (1) Ensures adequate supply of blood during pregnancy for proper nourishment to the foetus (2) Increases the mother's blood count and Hemoglobin level after delivery, thus stimulating the production of breast milk (3) It helps to quell children's habit of eating mud due to lack of calcium & other deficiencies (4) Compensates for the body's wear and tear that occurs after the age of 40 years, and increases resistance and physical fitness. **Main Medicine : Raktavardhak vati : 2 Tabs twice a day after meal for 3 months, Supportive Medicine : Muscle tone : 2 Tabs twice a day after meal for 2 months, Hepatreat : 2 Tabs twice a day before meal for 2 months, Shatavari Compound : 2 Tabs twice a day after meal for 2 months, Pachak Vati : 2 Tabs twice a day after meal for 2 months, Chyanvangrans : 1 tea spoon twice a day permanently.**

Cough and Cold - Sharangdhar Cofco

Frequent bouts of cold, dry cough, coughing up phlegm, nasal congestion and sinusitis are all a result of abnormal cough. Elements like jeshthamadh, bibhitak, kapur and clove oil recommended by Ayurved arrest the production of cough and eliminate the bacteria completely. Cofco contains all these ingredients and hence the tablet is effective against any kind of chronic cough or cold ailment. **Main Medicine : Cofco** : 2 Tabs twice a day after meal 3 months, **Supportive Medicine : Trisepta** : 2 Tabs twice a day after meal for 2 months, **Pachak vati** : 2 Tabs twice a day after meal for 2 months, **Coldavin** : 1 tea spoon to be added in 1 cup of hot water or 1 cup of milk or 1 cup of tea and stirred. **Chyavanprash or Chyavangrans** : 1 teaspoon twice a day.

Instant Herbal Tea - Sharangdhar Coldavin Granules

Kadhas prepared with lemongrass and tulsi used to be a quick homemade remedy for the common cold & cough in the olden days. Sharangdhar has developed a new version of the kadha with Coldavin, which contains herbs like ginger, pepper, cinnamon & leaves of parijatak, bel, tulsi & lemongrass. This is useful against the common cold & cough, but is also beneficial for overall good health as it increases resistance power. **Dose**: 1 tea spoon to be added in 1 cup of hot water or 1 cup of milk or 1 cup of tea and stirred.

Swelling and Inflammation - Sharangdhar Trisepta

Venturing out in the cold weather, roaming on the bike in the rainy and winter seasons without any protective gear, eating fried and sour foodstuffs and staying awake at night are all harmful for the body and affect the blood circulation by causing congestion. This results in internal swelling of the nose, ear and throat, change of voice, swelling of glands and joints. Trisepta consists of triphala powder, nimb, kanchanar, shuddha gandhak, tankan lahi & shuddha guggul that clears congestion & reduces swelling. Trisepta works on internal &

external swelling. **Main Medicine : Trisepta** : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Pachak vati** : 2 Tabs twice a day after meal for 1 month, **Raktadoshnashak vati** : 2 Tabs twice a day after meal for 2 months.

Skin Disease, Pimples - Sharangdhar Raktadosh Nashak Vati

An unhealthy diet & today's lifestyle increase impurities in the blood, leading to many ailments including skin diseases. The root cause of any skin disorder is impurities in the blood. Natural ingredients like triphala, sariva, nimb, gokshur, amruta, turmeric, daruhlad & shuddha guggal get rid of these impurities and help to throw them out of the body through urine. Raktadoshnashak Vati, which contains all these elements, proves effective against any skin complaints, like blisters, rashes, pimples, psoriasis, abscess & even dandruff. **Main Medicine : Raktadoshnashak Vati** : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Pentacid** : 2 Tabs twice a day after meal for 2 months, **Hepatreat** : 2 Tabs twice a day before meal for 2 months, **Sukhasarak vati** : 1 Tab at night 1 month, **Shatavari Compound** : 2 Tabs twice a day after meal for 2 months.

Blood Pressure Controller, Tension, Mental Stress - Sharangdhar Brenkam

A healthy body is a result of a healthy mind. However, with today's fast-paced lifestyle, everyone - right from students to the elderly - is stressed out. Tension or mental fatigue can lead to several ailments like diabetes, blood pressure, heart problems, skin diseases and so on. Thus, it is essential for the brain and nervous system to stay in good health. Ayurveda recommends shankhpushpi, ashwagandha, vacha, jatamansi, sarpagandha and bramhi that work on the nervous system. Brenkam, which contains all these ingredients, helps to maintain good emotional and mental health while enhancing memory and cognition as well. It also helps in sound sleep in case you are suffering from insomnia. This helps to control blood pressure, thus preparing us for the

challenges we face in everyday life. **Main Medicine : Brenkam** : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Shatavari Compound** : 2 Tabs twice a day after meal for 2 months, **Pachak vati** : 2 Tabs twice a day after meal for 2 months,

Hair Problems - Sharangdhar Shavidha Tablets & Shavidha Oil

Dandruff, split ends, premature greying of hair and baldness are a result of malnutrition of the roots, calcium deficiency, hormonal imbalance, continuous exposure to the sun, long-term illness and excessive or inappropriate use of chemical shampoos. External application of oil is not enough and the body needs elements like arjun, ashwagandha, suvarna makshikbhasma, vidarikand and shatavari that nurture the hair. All these nutrients are included in Shavidha. Thus, taking it regularly will help you get rid of hair problems. Shavidha nourishes hair internally and hence has a long-term effect. The tonic is useful for men and women. **Main Medicine : Shavidha** : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Raktadoshnashak vati** : 2 Tabs twice a day after meal for 2 months, **Raktavardhak vati** : 2 Tabs twice a day after meal for 2 months, **Pachak vati** : 2 Tabs twice a day after meal for 2 months,

It is extremely beneficial to get a massage with **Sharangdhar Shavidha Hair Oil** as it nourishes the roots and improves blood circulation to the hair follicles. Regular use of Shavidha oil will result in thicker hair that has a natural shine. It is also effective against problems like dandruff, hair loss, greying and split ends. It is prepared by mixing the right quantities of herbs recommended in Ayurveda like Brahmi, Amala, Nagarmotha, Maka, Vatajata that ensure healthy growth of hair.

Liver Disease - Sharangdhar Hepatrear

The liver is the biggest organ in the body and performs many complex functions. Hepatrear gets rid of liver ailments and restores its functioning. It is also an important element in adjuvant medications. Adding Hepatrear to other medicines becomes useful in disorders like obesity, skin disease, anaemia, and chronic cough and cold. Contaminated water, alcohol consumption heavy drinking and late nights contribute to liver and gall bladder complaints. This results in poor appetite, excessive production of acid or even jaundice. Hepatrear strengthens the liver cells and reduces swelling of the liver and bile duct. It helps to enhance function of the liver in natural way.

Main Medicine : Hepatrear : 2 Tabs twice a day before meal for 3 months, **Supportive Medicine : Trisepta** : 2 Tabs twice a day after meal for 2 months, **Pachak vati** : 2 Tabs twice a day after meal for 2 month, **Raktadoshnashak vati** : 2 Tabs twice a day after meal for 2 months, **Carmin** : 2 Tabs twice a day before meal for 2 months, **Sukhasarak Vati** : 1 Tab at night 2 months.

For Hormonal Imbalance, Thyroid - Sharangdhar Shatavari Compound

Several ailments crop up due to the malfunctioning of endocrine glands. For example, hyperthyroidism or hypothyroidism is a result of problems in the functioning of the thyroid gland. Extreme fatigue, lethargy, lack of interest and concentration, palpitation, depression, irritation, unexplained weight gain or loss, dry skin, itching, dry hair, irregular constipation are symptoms of this disorder. Elements like shatavari, vidarikand, ashwagandha, kavachbeej and mandur in Shatavari Compound normalise the functioning of the thyroid gland and maintain hormonal balance. It helps to get rid of stress, fatigue and even menstrual problems. Shatavari Compound is also useful during pregnancy for proper growth of the foetus, natural delivery and secretion of milk in new mothers. The tablet is beneficial for children and adults, for fitness and maintaining good hormonal balance. **Main Medicine : Shatavari Compound** 2 tablets twice a day after meal for 3 months. **Supportive Medicine : Raktavardhak vati** : 2 Tabs twice a day after meal for 2 months.

Effective On Kidney Ailments - Sharangdhar Nephrowin

Kidneys purify blood in the body. They contain microscopic blood-filtering units called nephrons that remove waste products from the blood and produce urine. If the ability of the nephrons is reduced or diminished due to some reason, the functioning of the kidneys could also be affected. Nephrowin enhances the functioning of the kidneys. These tablets are effective even against severe kidney disorders like nephritis, chronic renal diseases & failure. They may also help patients on dialysis by prolonging the time gap between two sessions of the treatment. Likewise, dialysis may also not be required if the kidneys start functioning like before. **Dose : Nephrowin** 2 tablets twice a day (noon and night) for 3 months.

To Reduce Heat / Warmth In Body - Sharangdhar Gulkand

Sharangdhar has brought out a unique blend of Gulkand with Praval for those who like Gulkand. It soothes heat related ailments, mainly in summer like allergic rash, burning in abdomen, acidity.

Body Coolant - Sharangdhar Koolkand

Internal body heat, which gets aggravated in summer, can result in weakness, acidity, burning sensation while urinating and other problems. Rose petals, sabja beej and tulsi beej, included in Sharangdhar's Koolkand, reduce body heat, treat heat-related complaints and keep you cool. Koolkand also provides energy and boosts resistance. It is available in granular form. It is recommended to consume through out the year.

Worms (Krumi) - Sharangdhar Krumina

There are around 20 types of krumis (intestinal parasites) described in Ayurved. Medicines available in the market normally work well against roundworms. However, the eggs of the other krumis stay as they are and become a major cause for worry when the digestive system is impaired. Krumina contains ingredients like nadihingu, vidang,

vekhand, latakaranj, tirvuta, kampilak, palash, kapur and chowhaar that arrest the growth of all kinds of intestinal parasites and eradicate them. Krumina is especially effective when the cause of an ailment is undetectable. Krumis are the root cause of several ailments and it is a myth that adults are not susceptible to them. Usually, it is believed that only children suffer due to intestinal parasites because of their lifestyle, eating mud or sweets and chocolates and so on. **Main Medicine : Krumina** : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Carmin** : 2 Tabs twice a day before meal 1 month, **Pachak vati** : 2 Tabs twice a day after meal 1 month, **Sukhasarak vati** : 1 Tab at night 2 months.

Stimulating Vitality Energetic - Sharangdhar Stamina

As the name suggest Stamina introduced by Sharangdhar is very usefull for improving energy levels. Most tonics are usually designed for specific purposes and hence could contain temporary stimulants or other elements. Ayurveda, which stresses upon improving overall stamina, believes in keeping a positive approach towards health. Sharangdhar's Stamina enhances libido by increasing vigor and vitality. Taking Stamina for a prolonged time has no ill-effects; on the contrary, it ensures a long-lasting, healthy and fulfilling life. **Main Medicine : Stamina** : 2 Tabs twice a day after meal for 3 months, **Supportive Medicine : Muscle tone** : 2 Tabs twice a day after meal for 2 months, **Brenkam** : 2 Tabs twice a day after meal for 2 months, **Shatavari Compound** : 2 Tabs twice a day after meal for 2 months, **Chyavangrans** : 1 tea spoon twice a day permanently.

Muscular Tonic - Sharangdhar Muscle Tone

This is a multipurpose tonic that strengthens muscles, nerves and bones. Elements like shatavari, ashwagandha, arjun, aamalki, vidarikand and mandur in Muscletone are immensely helpful as they provide the requisite nutrition. An increase in blood count indicates improvement in resistance power. This tonic is extremely useful for

children in their growing years as it boosts muscle growth make the bones stronger & improves physique. Muscletone also maintains bone mass in those the age of above 50 years . It increases resistance power, thus preventing frequent bouts of illness. excellent natural tonic for sportsman. The tonic is useful for all. **Main Medicine : Muscle Tone : 2 Tabs twice a day after meal for 3 months, Supportive Medicine : Raktavardhak vati : 2 Tabs twice a day after meal for 2 months, Pachak Vati : 2 Tabs twice a day after meal for 2 months,**

Eye Tonic - Sharangdhar Special Triphala

Excessive exposure to the computer screen or television and handling mobile starts affecting the eyes and quality of vision. Special Triphala is special eye tonic. It also takes care of conditions like - watering of eyes. itching and redness of eyes long and short sightedness. It could be used as supportive tonic in vision improvement. **Main Medicine : Special Triphala : 2 Tabs twice a day after meal for 3 to 6 months, Supportive Medicine : Muscle tone : 2 Tabs twice a day after meal for 2 months, Shatavari Compound : 2 Tabs twice a day after meal for 2 months**

Heart Tonic - Sharangdhar Harto

Heart is one of the main vital organ of our body. It is muscular organ, and made up of specialized muscles. So that it can work continuously and helps to maintain blood circulation throughout the body. Harto is heart tonic that strengthens the heart muscle. So it is important to take it on regular basis instead of taking it only when get diseased. It could be used as supportive tonic in the treatment of blockages and in pre & post cardiac surgeries. **Main Medicine : Harto : 2 Tabs twice a day after meal, Supportive Medicine : Stamina : 2 Tabs twice a day after meal for 2 months, Muscle tone : 2 Tabs twice a day after meal for 2 months, Pachak Vati : 2 Tabs twice a day after meal for 2 months, Brenkam : 2 Tabs twice a day after meal for 2 months.**

Multipurpose Tonic for Women - Sharangdhar Shatavari Kalp

The main ingredient in this medicine is Shatavari. There are various types of Shatavari, but the bitter-tasting 'asparagus racemosus' has immense medicinal utility. Sharangdhar Shatavari Kalp contains this variety of Shatavari, apart from cardamom and saffron for taste and colour. **Dose:** Two tea spoons mixed with milk or water twice a day. Children can be given one tea spoon twice a day.

Granular Chyavanprash - Sharangdhar Chyavangrans

Chyavangrans is the granular form of Chavanprash. Amala, the richest source of vitamin C, is used in Chyavangrans. Chavanprash has a sticky texture, however, after years of research, the R&D of Sharangdhar has come up with dry granules of the same. It can treat several ailments and enhance resistance power as well. Chyavangrans is beneficial to all.

Memory Enhancer - Sharangdhar Brainta

Nowadays, life has become fast-paced and tough for children as well. They have to focus on performing well in exams, be it in school or college, so that they are able to build a successful career. Thus, it is essential for them to improve concentration, cognition, memory and their ability to recall and write down whatever they have learnt. Ayurved recommends bramhi, shankhpushi, and ashwagandha to enhance the above skills, while vekhand, jatamansi and badishep provide stability. Moreover, tulsi increases the body's efficient use of oxygen. Sharangdhar's Brainta Granules consists of all these elements. **Dose:** 1 spoon mixed with milk, ghee or butter daily

Heart Stimulant - Sharangdhar Bottle Gourd

Ayurveda gives special emphasis to vegetables and herbs. Bottle gourd, called louki in Hindi, is a good heart tonic and works well against acidity. It also restores vitality and strengthens the body. These properties of the bottle gourd are well-known. It is best to eat

this vegetable fresh, but sometimes this is not possible as it may not be available or may not be of good quality. Hence, Sharangdhar has developed a bottle gourd powder that retains its original properties and natural sweetness. The powder can be mix with water or milk. It helps to maintain cholesterol level. **Dose:** One to two spoons twice daily

Natural Family Health Drink - Sharangdhar G-1 Satva

The health food division of Sharangdhar Pharma has developed a family health drink by blending traditional Ayurveda and modern science. **G-1 Satva** contains proteins and vitamins as well as ancient ingredients like brahmi, ashwagandha, nachani, shingada and herbs. This health drink is useful for the entire family as it provides the requisite nutrients for all age groups and increases resistance power. The herbal-based calcium and iron is beneficial for children in the growing years by compensating for any kind of deficiency; at the same time, it reduces the risk of osteoporosis in the elderly. It also naturally contains **OMEGA 3** fatty acid, which is good for health but is rarely contained in the food we eat daily. **G-1 Satva** is available in chocolate flavour and can be consumed throughout the year. **Dose :** 1 teaspoon with 1 cup of milk two times a day.

Daily Bath Scrub - Sharangdhar Gandhar

The R&D of **Sharangdhar** Healthcare has developed **Gandhar Daily Bath Scrub**, which contains Ayurvedic elements that nourish the skin by removing the sticky and oily layer of the skin, leaving it fresh and smooth. If used daily, it also helps to burn unwanted fat deposited under the skin, especially in the regions of the waist, abdomen and arms. Honey and other elements used in **Gandhar Daily Bath Scrub** are effective against skin ailments like acne, pimples, black moles and even tanned skin. **Our social contribution:** The chemicals used in other soaps make the skin dry and also pollute bath water which finally goes to river “So think about it”.

Massage Oil - Sharangdhar Pure Sesame Oil

Ayurved recommends the use of sesame oil to problems of vata dosha. Therefore, when this oil is applied externally on the skin, it becomes healthy and starts glowing. A massage with sesame oil helps to burn the fat of those suffering from obesity. It is very easy for fat to start depositing immediately after delivery, but new mothers cannot take medicines as they are lactating. In such a scenario, regular massage with sesame oil can prevent the formation of additional fat deposits. Other remedies for burning fat usually leave the skin dry; however, Sharangdhar Pure Sesame Oil is extremely helpful and does not let the skin dry up & stretch marks. This is because the oil is extracted using Ayurvedic processes. Dose: As per requirement for external use only.

Natural Skin Moisturiser - Sharangdhar Apricot Oil

The oil extracted from apricots is a great way to keep your skin healthy. Apricots are grown in cold regions & are considered useful as they are easily absorbed by the skin. A facial massage with **Sharangdhar Apricot Oil** helps to keep the skin smooth and wrinkle-free. This oil is useful for both oily and dry skin. Its moisturising property keeps the skin soft and supple.

Chemical Free Ayurvedic Conditioner - Sharangdhar Medicated Mehndi

The mehndi available in the market usually contains chemicals that are harmful for the hair roots. Pure natural mehndi does not colour the hair, but acts as an excellent conditioner. The use of **Sharangdhar's Medicated Mehndi** makes the hair healthy, strong, silky and long.

Face Pack - Sharangdhar Tripur Sundari Face Pack

Facial skin is always exposed to pollution and hence, more efforts have to be taken in this regard. Special ingredients recommended by Ayurveda are included in Sharangdhar Tripur Sundari Face Pack to rid you of skin complaints like black moles, black circles under the eyes pimples & so on. Method of Use : Apply ½ an hour before going to bed every day and then wash off with water (without soap) For dry skin: The pack should be made using milk or Nisarga honey. For oily skin: The pack should be made using warm water

For Dental Health - Sharangdhar Shubhra Dantamanjan

Healthy teeth and gums are an indicator of good health. Ayurved recommends kashay (astringent) ras for healthy gums, but excess quantity of this ras may adversely affect the skin in the mouth. Hence, madhur (sweet) ras is also required along with kashay for good oral health. The saliva keeps the teeth hydrated and washes away particles, also working as a cleaning agent. Sharangdhar Shubhra Dantamanjan comprises bitter, sweet and salty rasas that are essential to maintain healthy gums and teeth. Complaints like tooth decay, dry mouth, lack of taste, bleeding of gums, blisters in the mouth and swelling of gums will vanish with regular use of this dantamanjan. Toothpastes usually contain fluoride that can cause a condition like fluorosis. Likewise, children also sometimes eat the toothpaste containing fluoride while brushing, which is risky as it can lead to fluorosis. Thus, chemical-free Sharangdhar Shubhra Dantamanjan is safe for all and completely effective.

Sharangadhar's Other Products

Immunity Building Tonic - Sharangdhar Chavanprash

Chyavanprash is traditional form of Amala, the richest source of vitamin C, It can treat several ailments and enhance Immunity.

Skin Infections - Sharangdhar Karanj Oil

Sharangdhar's Karanj Oil is effective against all skin infections like Dandruff, eczema, scabies, rashes and so on.

For Wounds - Sharangdhar Neem Oil

Pure Neem Oil is an excellent moisturiser and anti-bacterial. It is a rich source of vitamin E and fatty acids. It can mitigate skin problems or wounds that have been infected in cases like fistula.

For Dry / Oily Skin - Sharangdhar Multani Mati

This is one of the best gifts that nature has provided to us. It is used as a natural cleansing mask. Our laboratory tested multani mati is rich in minerals. When applied to the skin in the form of a paste, it improves circulation, clears the skin of dead cells and gets rid of excess oil. It is recommended for those who have oily or normal skin.



Sharangadhar's Various Choorna's

People have a tendency to intake single herb choorna for medicinal purpose. Eg.- Shatavari, Ashwagandha, Amalaki etc. These Choorna's are available in market either in loose form or in polythene bags. Sometimes even a single medicinal herb will have many subtypes. Among these only a particular type of herb will have the medicinal properties. Eg.- Shatavari . There are 6 or 7 subtypes in Shatavari. Among them only Asparagus racemosus is good for medicinal use. But instead of this Shatavari if any other variety is used it may not have the desired effect or may even have adverse effect. If the whole plant is available then it is possible to identify the proper plant. But if it is available in Choorna form it becomes impossible to identify the right type and also it may be adulterated with low qualities Choorna's. To avoid this, laboratory testing is necessary and for this reason Sharangadhar has prepared laboratory tested herbal Choorna's. **Sharangadhar** assures you right, hygienic and effective Choorna's available .

Ambehaladi Choorna : Useful in swelling due to injury & also useful to improve skin complexion.

Vekhand Choorna : Can be applied as lep in children's if there is headache during cold.

Shikakai Choorna : Use externally use for better nourishment of hair.

Shunti Choorna : Useful In indigestion & its related problems

Shatavari Choorna : Good for pregnant ladies for the complete development of the foetus & after delivery it helps in lactation.

Jestamadhu Powder : good for dry cough, throat pain etc.

Amalaki Choorna : It provides strength & energy. it is pittashamak.

Jamboolbeej Powder : Control the blood sugar level in the body, useful in diabetes.

Sharangdhar's Other Publications

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Know Your Constitution

When we talk about health even as a general topic of conversation, we refer to our constitution and body type owing to which we may show certain tendencies. The way in which the three elements of vata, pitta and kapha manifest themselves in the body determines our prakruti or constitution. There are a few tests to find out how these uniquely combine in our body. Please tick the appropriate characteristics that match with your constitution and add up the points of the three to determine the dominant one. In the event of two characteristics coming fairly close, both are supposed to be dominant. In rare instances when all three show a good match, you are in fine health. Once you have determined the dominant characteristic, you can resolve the dos and don'ts. The two tables are given below.

Know Your Constitution

Table 1

	Symptoms	Vata Prakruti	Pitta Prakruti	Kapha Prakruti
	Body structure	Slim	Medium, balanced	Healthy
	Skin	Dry	Soft, dry	Oily, soft
	Hair	Dry, thin	Thin & turning grey early	Thick, soft
	Sleep	Less & easily disturbed	Alert sleep	Calm
	Hunger	Severe at times	Very severe	Able to fast quite comfortably
	Memory	Cognition perfect, but of short duration	Grasping & cognition is the best	Memory lasts for long but grasping power is low.
	Ability	Always energetic	Efficient	Calm & composed
	Tolerability	Less	Medium	Very tolerant
	Concentration	Less	Medium	Good
	Total			

Know Your Constitution

Table 2

	Vata Prakruti	Pitta Prakruti	Kapha Prakruti
Diet	Sweet, sour, salty nutritious, hot items	Sweet, astringent, bitter, cold	astringent, bitter & spicy items light diet
Seasons exercise lifestyle	Light walk etc. Oil massage, warm clothes, proper rest	Winter Sports, swimming, light cotton dress, meal at scheduled time	Summer Heavy exercise Moderate diet sleep, warm clothes
Avoid these / Take Care			
Diet	Astringent, bitter, cold items in less quantity	Hot, spicy, salty items in less quantity	Nutritious, sweet, sour, oily items in less quantity
Seasons	More care in winter	More care in summer	More care in rainy & winter season
Lifestyle	Avoid constant exposure to cold, late sleeping hours	Avoid going out in the sun, constant exposure to the sun	Avoid water, moist air, sleep during day time

Height	Male Weight in Kg	Female Weight in Kg
5'-0"	-	50-54
5'-1"	-	51-55
5'-2"	56-60	53-56
5'-3"	57-61	54-58
5'-4"	58-63	56-59
5'-5"	60-65	57-61
5'-6"	62-66	58-63
5'-7"	64-68	60-65
5'-8"	65-70	62-66
5'-9"	67-72	64-68
5'-10"	69-74	65-70
5'-11"	71-76	67-71
6'-0"	73-78	68-73
6'-1"	75-80	-
6'-2"	77-83	-
6'-3"	79-85	-

Normal Values

PULSE	BP
Adult - 70 - 80 / min	Adult - 120 - 80 / mmHg
Old age - 60 / min	at Birth - 65 / 40 mmHg
Children - 100 / min	Child hood - 90-110 / 50-70 mmHg

1) Hemoglobin	Male - 14 - 18 gm% /dlit Female - 12 - 16 gm% /dlit
2) Blood Glucose - Fasting	70 to 110 mg%
Post Prandial	up to 150 mg%
3) Blood Urea	20-40mg/dl
4) Serum Creatinine	1-2mg/dl
5) Serum Cholesterol	150 to 250 mg%
6) Serum Triglycerides	50 to 150 mg%
8) Serum Bilirubin Total	0.3mg/dl to 1.0mg/dl
Un Conjugated	0.2mg/dl to 0.8mg/dl
Conjugated	0.1mg/dl to 0.3mg/dl
9) SGPT	7-56 unit or 60 unit / lit.
10) SGOT	5-43 unit or 45 unit / lit.
11) Serum Proteins	6 to 8 gm/dl
13) Serum calcium	8.4-10.2 mEq/dl
14) Serum Iron -	Male - 76 to 198 microgram of iron / deciliter Female - 26 to 170 microgram of iron / deciliter

Note : Above mentioned figures are only the guidelines & should be confirmed with your Doctor.

Our Experiences

1) I am using **Sharangdhar's** G-1 Satva & Shubhra Dantamanjan for last couple of months. I got information of these products through Paper Advertisement. G-1 Satva tastes good, keeps me fresh & energetic whole day. Shubhra Dantamanjan also keeps mouth without any bad breath. Thank you **Sharangdhar ! Mr. Deshpande.**

2) I was suffering from severe acidity problem. I read about **Sharangdhar** Pentacid through **Sharangdhar** website. For last two months I am using this products. I am really satisfied with its results. It is very effective remedy to treat the root cause of acidity. Thank you **Sharangdhar ! Mr. Mohite**

3) I am 75 yrs. old senior citizen and having diabetes since last 3 yrs. I am using **Sharangdhar Arco & Sharangdhar Pidahar oil** for my knee joint pain last 1½ months. I am using these products regularly there are no side effects. Now I am free from pain. I can go for walk regularly. Thank you **Sharangdhar ! Mr. Sharma**

4) I was suffering from lichen planes & dry skin problems. I was under allopathic treatment. I also started ayurvedic medicine from **Sharangdhar**. I got information about **Sharangdhar** products through booklet doctor @ home. Over a period of one year I slowly discontinued allopathic medicine & continued with **Sharangdhar** Ayurvedic medicine. Today I am happy & proud to say that there is no trace of skin problem. Thanks to **Sharangdhar** to help me in recovering from all the major problems. I had Thank you **Sharangdhar ! Mr. Joshi.**

Sharangdhar Free Check Up Centre

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In case of medicine not available contact : 9225515525

Sharangdhar Health Line

020-67252800

Timing : 9.30 am to 6.00 pm (Sunday Closed)

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